



What is e-health?

E-health involves the use of information and communication technology for the purpose of supporting or improving healthcare. It not only includes the use of web applications, mobile phone apps, health sensors, and wearable devices, but also making use of a special portal in which you have contact with your mentor and have a clear overview of all the relevant information regarding your trajectory. Contact with your mentor will take place via email, chat or video call. In a world where technology is playing an increasingly significant role, living without the use of such digital applications in healthcare is hard to imagine.

E-health at Vitalmindz

Making use of e-health also plays an important role at Vitalmindz. One of our goals is to stimulate people's personal growth and self-reliance, to which we have tailored our e-health options. We offer online guidance that can be combined with e-health modules. You will have 24/7 access to relevant e-health modules via a personalized portal.

An e-health module is an online environment in which you will receive theories and tools on relevant subjects regarding your personal development. Together with your mentor you will decide which module is best suited for your request for help. The great thing about e-health modules is that you can work on your personal challenges and goals in an independent fashion, while doing so at a time and place that best suits you! Most of the time you will be offered blended care, meaning that you will discuss your progress in your e-health module with your mentor. You will discuss the tools you have been handed and the practice examples you have applied in real life. This input is of significant value in order to continuously monitor and reflect on your personal development, and stay true to your course.

E-health reimbursements

Depending on your type of health insurance, the costs of our e-health modules will be partially or fully covered. Consult your health insurance policy or contact your health insurer to make sure of this.

If you have health insurance from Nationale Nederlanden including the 'Fit module', then some modules will be completely reimbursed. You are entitled to reimbursement of one e-health module per year.

In case you have supplementary insurance at CZ, Ditzo or De Amersfoortse, check your policy conditions for reimbursements.

Below you will find an overview of our e-health module offer. In case you have any questions or would like to receive more information, don't hesitate to contact us!

Work-related stress (burnout)

In this module you can work with tips and exercises to find / maintain a balance between work and private life, and prevent burnout. This module consists of four topics:

- Stress and me: everyone reacts differently to stressful situations. The source of tension determines the degree to which someone experiences stress.
- Work environment: your environment influences what you think and how you feel. The atmosphere at work, the fixed habits and rules, your colleagues and manager can play a role in whether or not you experience stress related to work.
- Work, stress and lifestyle: by examining your lifestyle, you can recognize your sensitivity to stress sooner. A balanced lifestyle makes you more resistant to work-related stress.
- Acceptance: worrying puts you in a spiral of negative thoughts. Recognize worry and let it go. By focusing on aspects that you can influence and by accepting other things that you cannot influence, you prevent work-related stress.

Fear and panic

Various factors may contribute to developing anxiety and panic related issues. In this program we can discuss which factors need to be tackled that may trigger the attacks. We can choose an e-health program that is aimed on effectively dealing with such factors and possibly reduce these factors. During the process we can also discuss methods to effectively deal with anxiety and panic attacks.

Stop worrying

This program can be used if you need skills to overcome your worry.

- Coping: the program first teaches to become aware of your worry through regular registration.
- Action: once someone is more aware of their worry and the times when it happens, it is time to take action. First of all with a number of useful exercises. After that, attention is paid to "learning to think differently".
- Insights for the future: the participant learns how a certain way of thinking may draw (future) negative events, which may result in worrying. The participant will also learn how to prevent this.

Depression

The program helps to gain insight into depressive symptoms, thinking patterns, and habits. The program consists of four subjects:

- Learn to use helpful thoughts to overcome fears.
- Transform negative thoughts into something positive.
- The importance of relaxation and the disadvantages of too much tension.
- Positive activities.
- Get rid of feeling gloomy.